



## TECK 2017 Regional Spring Snow Camp

### Coast – Vancouver Island

*MT WASHINGTON*

*May 5-7, 2017*

It's time to kick-start the new season with some superb spring skiing and tons of nordic FUN!!!

**Location: Mt Washington – Upper Nordic Trails**

**Youth Athletes:** This camp is open to any current Junior or Devo athlete and especially welcomes any new athletes wishing to join the SNSC Junior or Devo programs. Additionally, this camp is open to and welcomes race team athletes from mainland clubs.

Based on the Long Term Athlete Development model, athletes in the Learn to Train (Devos, age 8-11), Train to Train and Learn to Compete (Juniors, age 12-18) stages of development will benefit from this camp.

**Masters Athletes:** Current or interested SNSC Masters athletes are also welcome and encouraged to attend.

In the event of insufficient snow pack, the camp will become a dry-land camp.

**Coaches:** Andrea Stapff, Brad Fraser, Jessica Heyes, Sarah Henckel, Gavin MacPhail, Jim Bratrud, Nick Holyome

**Accommodation:** Vancouver Island Mountain Sports Centre and additional mountain accommodations.

**Registration & Cost:**

Juniors – Full Camp - \$170 - Friday 4pm to Sunday 8pm, includes two nights accommodation, all meals/snacks, 5 training sessions, trail grooming and evening activities.

Devos – Full Camp - \$140 - Friday 4pm to Sunday 4pm, includes two nights accommodation, all meals/snacks 5 activity or training sessions and trail grooming.

Masters – Day Camp - \$30 per day – 9am to 4pm, Saturday and/or Sunday, includes lunch, morning and afternoon training sessions and trail grooming.

***The focus for this camp is FUN and time to bond with your teammates.*** Athletes are expected to demonstrate respectful, supportive and inclusive behaviour at all times.

Registration and payment is on [www.zone4.ca](http://www.zone4.ca), **deadline to register is May 1st.** For registration inquires please contact [andrea.stapff@gmail.com](mailto:andrea.stapff@gmail.com)

### **Training and Activity Times:**

**Friday:** 4pm – arrival

4:30 to 6pm – Devos – training/activity

4:30 to 6pm – Juniors – classic volume ski

6:30pm – dinner

7pm – evening activity followed by team meeting

9:30pm – lights out

**Saturday:** 7:15am – wake-up, activation, breakfast

9 to 11:30am – All athletes – skate technique and volume ski

12pm – lunch

1 to 2pm – quiet time and rest

2 to 4pm – All athlete – classic technique and volume ski

5:30pm - dinner

7pm – evening activity followed by team meeting

9:30pm – lights out

**Sunday:** 7:15am – wake-up, activation, breakfast

9 to 11:30am – All athletes – skate relays and volume ski

12pm – lunch

1 to 2pm – quiet time and rest

2 to 4:00pm – Juniors/Masters – classic technique and volume ski

2 to 3:30pm – Devos – activity followed by clean-up/pack

3:30pm – Devos parent meeting, departure 4pm

5:30pm – Juniors – dinner

7pm – Juniors – team meeting followed by clean-up/pack, departure 8pm

### **What to bring:**

Training gear – be prepared for all conditions – rain jacket, ski clothing, warm layers, several changes of training clothes, running shoes.

Equipment – skate and classic skis/boots/poles (klisters will be provided), heart rate monitor (Juniors), water bottle, hat, sun glasses, sunscreen.

Comfortable lounging around clothing, towel, personal items. (All bedding will be provided.)

Home work!!

***Electronic devices may not be used during training sessions, quiet hour, group activities and meetings. All electronic devices will be gathered at bedtime each evening and returned in the morning.***

**See you on the Mountain!**